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of Contrivances.

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Costiveness

Costiveness is a relative term. Some habits require two and three stools a day, while others enjoy good health with but one or two stools in a week. This is the case with some old people. Dr Eberle says it is remarkably so in the Island of Minorca. An aged and intelligent citizen of Philadelphia informed me that he had seen a man in the state of New Jersey who had had but three stools in a year and nine months. He had been in the habit of pushing up his dinner after it had imparted its nutritious qualities to the stomach. Sailors often pass days and weeks without a stool. A Sea Captain

had no evacuation from his bowels during
a Voyage of between 30 and 40 days to Lis-
-bon, and I have heard of a Sailor who
during a Voyage of eight weeks had no stool.
In all these Cases the faces are supposed
to be Absorbed by the ~~lacteals~~ lymphatics
and conveyed out of the System by other
emunctories particularly by the pores.
This is made probable by the Analogy
of pus being conveyed out of the System ~~in~~
~~a similar~~ thro the same, or some other
Channel, by the faecal Odor which is
perceived in the persons who thus attain
their faces, and by no pain ~~or~~ or swelling
being perceived in the bowels, and by no
more than the usual & natural Quanti-
-tity of faces being discharged ~~from~~ by the
Operation of a purge after this

protracted Costiveness.

Notwithstanding these deviations in the Economy of the bowels, most of people require a stool every day in order to enjoy good health. The morning is the time in which ~~they~~ an inclination to stool is usually felt, and not more ~~by~~ from habit than necessity founded upon the Office I formerly ascribed to the bile. It may be considered in every body as a purge taken over night.

The Absence of this evacuation ~~every~~ once every day is attended in most people with uneasiness. If it occurs more than one or two days it is often followed with ~~fever~~, head Ach, ~~and fever~~ The Costiveness is a remote cause of those ~~morbid~~ Depravations.

It originates in a Stricture state of the

~~muscular fibres of the bowels~~ from the
~~pressure~~ pressure of the distended bowels upon the de-
~~Its vessels are~~
=scending Aorta, and with pain in the
sides from the pressure of the bowels upon
the liver and Spleen. When the faces stagnate long
in the Rectum, they produce Colic haemorrhoids,
fistula in Ano, and sometimes a Suppression
of Urine, ~~and~~ But these are ~~not all~~ several
~~the~~ hurtful effects of Costiveness.
By its long confinement, the faces become
indurated, ~~and~~ as to require powerful
efforts or straining to discharge them,
by which means ruptures
~~that~~ Vertigo, head ach apoplexy, and con-
=sumption have been induced, ~~&c~~.
Cases of which have come within my
knowledge. From these facts it is obvious
that ~~the Case of~~ this disease is not without
Danger, and that great pains should be
taken to cure it.

V 3 Certain Obstructing matters in the Rectum, such as hardned faces, a fish bone, Condylomata, and tow. I have known Costiveness to be induced by each of those causes. The tow induced it in a Child. It was thrust down its throat to silence it when it cried.

4 Worms.

The causes are Direct and indirect

I The Direct are

1 Certain Aliments & Drinks particularly

Cheese and the red Wines. ——

2 A Sudden Change from a full to a low

Diet, and vice Versa. The prisoners in our

jail always become costive for several

weeks after their confinement from being

fed upon simple aliment. V

II The indirect Causes & Contrivances are

1 A sedentary life. Studious men, and such

2 mechanics as sit at their employments

are generally costive.

3 Sailing.

4 Drugs that promote undue perspiration.

5 Riding on horseback.

6 Certain Obstructing Matters in the Rectum,

such as hardned feces, a fish bone, tow

and Coarse Cotton. I have known costive=

=ness to be induced by each of these causes.

~~Wm Warren.~~

5 Intense Application to Study or business,
which by rendering the System insensible
to the Stimulus of the faces upon the
Rectum, favours their accumulation, and
stagnation in the bowels. Judges often
become costive from this cause.

6 An exposed Situation of privies. This ope-
=rates chiefly upon Women. I have heard
of the death of a young Lady in South Carolina
who lodged in a house in which the Common
Sitting room (which was generally occupied
by Gentlemen) had a Window in a direction
with a privy. She died a martyr to her delicacy.

The Remedies for Costiveness should
be 1 Radical & 11 palliative. The 1st are
~~1 Removing all its causes~~.
Dr
1: Early rising, and exposing the body to
the cool Air by which means the perspi-
=ration is thrown upon the bowels.

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2 Visiting a privy every morning at a cer=
=tain hour. Dr Locke's directions under
this head are worthy of attention. The
patient should sit for half an hour to
an hour ~~upon the~~ in the privy, during which
time he should make occasional efforts
to discharge the contents of his bowels.
These efforts succeed best when they
are not of a violent nature. Thus gentle
purges sometimes operate ~~when~~ when drastic
purges have no effect.
3 By using a close stool in a warm room
in cold weather. The sedative action of the cold
air of a privy acting upon the Rectum often
checks counteracts the action of the
abdominal muscles upon it, and thus
prevents a stool.
4 A laxative diet consisting of Indian
corn bread, or of a bread made of

v more liquid the diet, the less apt it is
to induce costiveness.

11 6 Where there is reason to believe costive-
=ness arises from a languor in the liver
in secreting, and effusing bile into the
bowels, rubbing the right side with a
dry hand every morning & evenings
has been found useful. With this remedy
should be joined small doses of Calomel
continued long enó to affect the mouth.
Should the liver not be in fault, the
Calomel would be useful in exciting
the muscular fibres and mucous
glands of the bowels, and thereby
overcoming ~~the effects of~~ the causes of ~~this~~
~~obstructions~~ costiveness
7 ~~&~~ ~~what~~ Frictions with a dry hand,

equal parts of wheat and Indian Corn flours,
of Sunnanes fruits, and roasted apples. The
5 Certain Medicines that remove the torpor
of the bowels upon which Costiveness depends
These are Brick, Iron, Garlic, Onions Mustard
and Horseradish.

We have thus enumerated the radical
remedies for this disease. I shall now
11: by mention such palliative remedies as are calculated
to ~~obviate this~~ ~~cause~~ open the bowels, &
thus to obviate the hurtful effects of Costiveness.
They are
1 Sulphur, Cream tartar, Magnesia, pre-
=ins ~~and~~ Cassia Electuary & Rhubarb. The
last has an advantage over them All in
being not only a palliative, but a radical
remedy for Costiveness, for while it purges
it gives tone to the bowels, & hence
unlike most other medicines, the longer
it is taken, the less quantity of it operates.

= or with stimulanting substances to the
belly.

& what would be the effect of stimulants
to the Spine? I mentioned formerly
that the bowels and other viscera
are liable to Spinal paralysis as well
as the limbs. It is possible the cause
of the torpid state of the bowels in
costiveness may originate in disorder
in the medulla Spinalis. ——

It may taken in the wort by chewing, in pills, in a Vinous, or Spiritous tincture, or in a Syrup or a Watery infusion. It is the basis of Warners Gout purge, which may be taken instead of any of the above preparations of it. Aloes, and the Butter Gout pill should never be taken to obviate habitual costiveness. The first forever disposes to the piles, - the latter to diseases of the brain by its narcotic quality. I object also to salts, Castor oil, Senna, and all the Greek pills of the shops as habitual laxative medicines. They irritate a greater range of the bowels, than is necessary barely to open them, and thus bring adjoining healthy parts into sympathy with them. They moreover relieve the bowels in a debilitated state, & thus predispose to a Continuance of the Disease.

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2 ~~#~~ Glysters. Simple water is sufficient in those cases in which the faces require to be dissolved or softened, in order to be discharged. In cases where there is great torpor in the bowels a little salt may be added to them or ~~the~~ the quantity of water should ~~be so great as to imitate~~ the bowels so much encreased as to imitate the bowels ~~in their distention~~ by the stimulus of distention. ~~A little salt may be added to them~~ ~~forcing~~ The French wisely prefer answering Costiveness by means of this remedy ~~in preference~~ to ~~Physics~~ purges which by acting upon the whole intestinal Canal frequently derange the Offices of the Stomach and Liver. Glysters act upon a small portion of the only ~~more~~ thus produce no commotions in the whole intestinal System.

3 ~~#~~ Suppositories are still less offensive to the bowels than either purges or Glysters. They may be made of Alum, ~~or~~ Soap or Wax according to the degree of Stimulus the Rectum

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may require.

4 ~~5~~ Touching the Anus frequently with Sweet Oil Dr Bonet says has often opened the ~~bowels. stopped~~ bowels. The same Author advises

10 applying Sweet Oil, or any other soft and emollient Substance to the Soles of the feet for the same purpose. They relax the bowels by the Sympathy that subsists between them, and the soles of the feet.

5th Standing with the bare feet upon a cold marble flale, or putting the feet in cold Water for a few minutes has sometimes imparted action to the bowels, and thus gently opened them. This remedy like the last acts by the Sympathy which subsists between the feet and the bowels. The existence of this Sympathy is evident from Cold feet so often inducing the

Colic.

& all the remote Causes of the disease should be removed. If it arise from Faeces so indurated, that they cannot be ~~Dissolved~~ removed by Purges, nor dissolved by Glysters, they should be extracted ~~by~~ means of a Scoop, ~~or with the fingers~~ - if from any Substance accidentally swallowed, it should be extracted ~~by~~ and sticking in the rectum, with the fingers, - if - from Condylomata which act by narrowing the passage thro' the Anus, - they should be ~~destroy~~ removed by means of ligatures, - if from Worms, - Worm Medicines should be employed to dislodge them.

We may always know the bowels to be in a natural and healthy state by the following marks. 1 Stool a day, and that in the morning. 2 No Wind preceding it.

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3 The stool exhibits liquid, non very solid, of a bilious Color, and faecal Odor. "bene ~~Olens~~ Colorata, bene olerata".

4 Not cut into fragments. It shows inii-tation upon some one of the bowels.

There is a ~~troublesome~~ disease connected with Costiveness that is Flatulency or to use a Common expression a constant ina-clination "to break Wind" upon which I shall make a few remarks. It is often so troublesome as to compel persons to leave company, and sometimes to prevent their going into it. It attends Costiveness, but I have met with it in regular bowels. It seems chiefly in gouty & hysterical habits.

The Remedies for it are solid diet, well

cooked, toasted bread, ginger tea, brosera-
-dish, mustard, the tincture of asp asafetida &
the oil of amber, and the remedies formerly
mentioned to remove costiveness if it be
accompanied with that state of the bowels.